

# Monrovia Unified School District

## 2010-2011 Harvest of the Month Pacing Guide

<u>Month</u>	<u>Produce</u>	<u>CA Health Education Standards</u>	<u>Lesson Ideas</u>	<u>Classroom Activity</u> NEA cooking lesson	<u>Tasting Trio</u>	<u>Taste Testing</u>	<u>Nutrition Literature Book for MUSD</u>	<u>Cafeteria Menu</u>	<u>NAC</u>	<u>Nutrient</u>
<u>Dec</u>	<u>Pears</u>	<u>Accessing Valid Health Information</u>	<u>High Nutrient vs. Low Nutrient Food</u>	<u>Pear Party Salsa</u>	<u>Party Pear Frisbees</u>	<u>Orange Poached Pears</u>	<i>Eating Pairs: Counting Fruits &amp; Vegetables</i> by Schutte (AR)	<u>Poached Orange Pears</u>	<u>Newsletter</u>	<u>Fiber</u>
<u>Jan</u>	<u>Mandarins</u>	<u>Interpersonal Communication</u>	<u>Teacher for a Day</u>	<u>Sunrise Pizza</u>	<u>Sunny Breeze Salad</u>	<u>Chicken and Mandarin Roll-ups</u>	<i>An Orange in January</i> by Aston (AR)	<u>Mandarin Orange Salad</u>	<u>Physical Activity Event</u>	<u>Vitamin C</u>
<u>Feb</u>	<u>Sweet Potatoes</u>	<u>Decision Making</u>	<u>Choose Your Own Adventure or Decision Making Worksheet</u>	<u>Sweet Potato Pie</u>	<u>Paradise Sweet Potatoes</u>	<u>Apple Glazed Sweet Potatoes</u>	<i>Vegetables (Good For Me)</i> by Hewitt (AR)	<u>Spicy Baked Sweet Potato Fries</u>	<u>Nutrient Density</u>	<u>Potassium</u>
<u>Mar</u>	<u>Cabbage</u>	<u>Goal Setting</u>	<u>Physical Activity Goal Target</u>	<u>Stir Fry Cabbage Wraps</u>	<u>Cool Cabbage Confetti</u>	<u>Braised Cabbage with Apples</u>	<i>The Have a Good Day Café</i> by Park (AR)	<u>Asian Slaw</u>	<u>White Milk Challenge</u>	<u>Vitamin K</u>
<u>Apr</u>	<u>Asparagus</u>	<u>Practicing Health Enhancing Behaviors</u>	<u>Healthy vs. Unhealthy Fats</u>	<u>Asparagus Pasta</u>	<u>Awesome Asparagus Appetizer</u>	<u>Sesame Asparagus</u>	<i>How Groundhog's Garden Grew</i> by Cherry (AR)	<u>Parmesan Asparagus</u>	<u>Healthy Kids Day</u>	<u>Folate</u>
<u>May</u>	<u>Avocado</u>	<u>Health Promotion</u>	<u>Pen Pals</u>	<u>Fiesta Dip</u>	<u>California Crackers</u>	<u>Avo-Pineapple Smoothie</u>	<i>The Fruit Bowl/Vegetable Soup</i> by Warren & Jones	<u>Avocado Spinach Salad</u>	<u>MEO</u>	<u>MUFA</u>
<u>June</u>	<u>Zucchini</u>	<u>Essential Concepts</u>	<u>Think Your Drink</u>	<u>Zucchini-Parm Saute</u>	<u>Lady Bugs on a Leaf</u>	<u>Zucchini Marinara</u>	<i>Delicious: A Pumpkin Soup Story</i> by Cooper	<u>Roasted Lemon Pepper Zucchini</u>	<u>Field Trip</u>	<u>Water</u>